

## Q-SWIM 19 – EXPLORE SIDE BODY

1 Set of 4 Reps for each exercise



1a) Seated Sweep into Side Body Pose for 3 Breaths



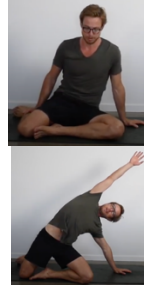
1b) Increase curve 2nd time



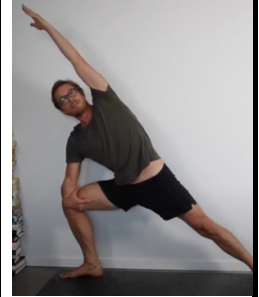
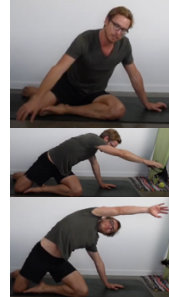
2) Kneeling Sweep into Side Body Pose



3) Side Plank (top hand on hip). Hold for 3 breaths



4) Both Shins at 90 degrees



5) Warrior Side Body Pose - pivoting



6) Triangle Pose

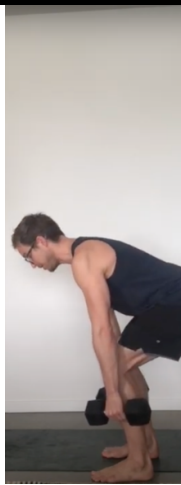


7) Broomstick Side Body Arch

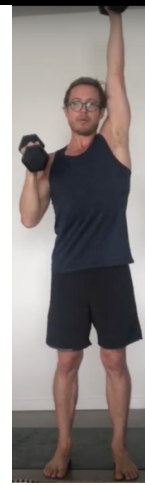
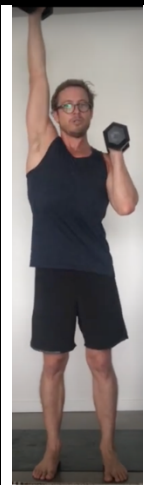
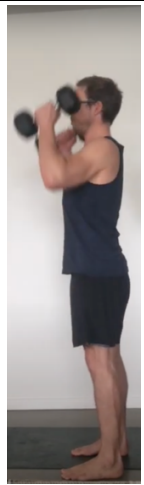
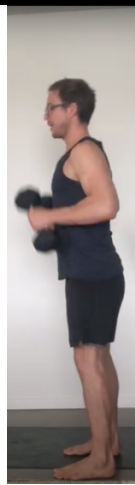
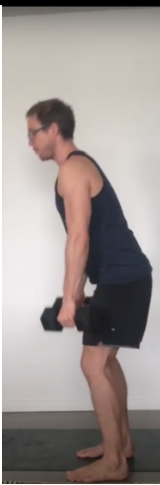
“If you can breathe in a position you own the position”

## Q-SWIM 2 – DUMBBELL COMPLEX

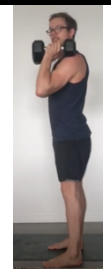
4 Exercises: 4 sets of 6 Reps, 1-3 kg dumbbells, 50 seconds on / 50 seconds off



(1) Pull to Press



(2) Overhead Alternate Press



(3) Squat



(4) Bent Over Row

Tom's Big 5: 1. Pecs 2. Lats 3. Abs 4. Hips 5. Ankles